

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



ATX353  
215  
2/5/2



# The School Breakfast Program in Title I Schools

NOV 4 1988

U.S. DEPARTMENT OF AGRICULTURE / FOOD AND NUTRITION SERVICE / WASHINGTON, D.C. OFFICE OF THE SECRETARY

FNS-209

## WHAT IS THE SCHOOL BREAKFAST PROGRAM?

The federally funded School Breakfast Program makes nutritious breakfasts available to children at school. The program was created in 1966 on a pilot basis for several special categories of schools. It was made permanent in 1975, and now guarantees funding to all interested public and nonprofit private schools.

The U.S. Department of Agriculture (USDA), which runs the program at the Federal level, establishes regulations and distributes funds to each State education department. Local school districts, or, in some cases, individual schools apply to their State agency to run the program. Participating schools agree to make breakfasts available to all interested students at or before the beginning of the school day. The breakfasts must meet minimal Federal nutritional standards. Each breakfast must include a serving of milk; whole-grain or enriched bread products or cereal; fruit or vegetable or fruit or vegetable juice; and, whenever possible, additional protein-rich foods.

Children who participate in the program either pay the full price that is established by their school or receive breakfast free or at a reduced price, depending on their family's income. USDA reimburses participating schools up to a certain set rate for each free, reduced price, and paid breakfast that they serve. The schools can use these funds to cover the costs of operating the breakfast program, including costs of food, preparation, supervision, and cleanup. Most schools are able to finance their programs with the money available from the Federal Government and the students' payments.

Schools that are unable to cover costs with the regular reimbursement payments and the students' payments may be eligible to receive extra "severe need" funds. Each State sets its own guidelines for these additional funds. At a minimum, the "severe need" category must include schools that are required by State law to run a breakfast program and schools that serve 40 percent or more of their lunches free or at a reduced price.

## WHY IS BREAKFAST IMPORTANT AND WHY SHOULD IT BE SERVED AT SCHOOL?

Studies indicate that children perform better if they have eaten breakfast. In a review of many of the studies done on children's need for breakfast, a professor of nutrition at the Massachusetts Institute of Technology said: "The studies that focused on the short-term effects of hunger or morning feeding suggest that the provision of breakfast may both benefit the student emotionally and enhance his/her capacity to work on [scholastic] tasks."

Many school administrators, teachers, school nurses, and school food service directors also extol the value of breakfast for schoolchildren. According to Rev. Earnest Palmer, Superintendent of the Perry County Board of Education

in Alabama: "The importance of a nutritious School Breakfast Program cannot be over-emphasized. Since breakfast is the most important meal of the day, it is essential that our children receive this good start so that they will be ready for a full day of activity. If the kids don't eat breakfast, they are not physically ready for the day because they are going to be hungry; this affects them mentally and emotionally which in turn has an effect on their educational growth. Hungry children are more inclined to be discipline problems, unattentive in class, sick and less active. All of these factors detract from the students' ability to learn."

Recent surveys indicate that many children come to school without eating an adequate breakfast or without eating any breakfast. In 1977, the Minnesota State Senate's Subcommittee on Nutrition, in cooperation with the Minnesota Department of Education, conducted a survey of 90,000 children. Survey results indicated that only 14 percent of the children who were surveyed ate an adequate breakfast at home. Numerous other surveys, including statewide ones conducted in Massachusetts, Utah, and Wisconsin, underscore these findings.

There are many reasons why children arrive at school without having eaten an adequate breakfast or any breakfast. Many students travel long distances to school and do not have time to eat, or are not hungry before they leave home. In families where both parents work, there may be little or no time to make breakfast each morning. Also, some families simply cannot afford to prepare breakfast.

## **WHY DOES IT MAKE SENSE FOR TITLE I SCHOOLS TO OFFER THE USDA SCHOOL BREAKFAST PROGRAM?**

Title I of the Elementary and Secondary Education Act helps to expand and improve elementary and secondary school programs for educationally disadvantaged children. The School Breakfast Program seems to be a perfect complement to Title I. The School Breakfast Program guarantees that these children start their day with adequate nourishment, so that they can take the best advantage of the special educational assistance that Title I provides.

According to House Report 95-1137, Congress intended that the assessment of educational need, which each school district completes in applying for Title I funds, should identify all factors contributing to low academic achievement. As stated in the report: "This step should also identify whether certain special needs could best be met through noninstructional support services." If hunger is one of those needs, then the School Breakfast Program can help to meet it.

There are two other important reasons for having the School Breakfast Program in Title I schools. First, schools that take advantage of USDA's food programs don't have to spend Title I funds on food service. Second, Title I dollars will not be wasted trying to teach children who can't concentrate because they are hungry.

The School Breakfast Program can be a worthwhile project for Parent Advisory Councils (PAC's) to work on. Once the program is set up, parents can participate as volunteer or paid breakfast aides. (USDA's reimbursement may be used to pay breakfast aides.) A Title I school may find the breakfast program to be a good way to begin involving parents.

## **HOW CAN TITLE I SCHOOLS START A SCHOOL BREAKFAST PROGRAM?**

Any public or private nonprofit school can have a breakfast program. There is no limit to the number of children who can get breakfast or the number of schools



that can serve breakfast in a school district. The only requirement is that the school board must apply to the State Child Nutrition Program Office, which in turn must approve the school for funding at once.

Any interested person or group can seek a breakfast program at a Title I school. A Title I Coordinator, a parent, or a teacher can raise the idea at a PAC meeting. The PAC can then prepare a report for the superintendent and the school board based on discussions with parents, students, and school personnel, and on information from schools that already have the program.

After the school board approves the breakfast program, it applies to the State Child Nutrition Program Office at the State Department of Education. In many States, those schools that are already operating the National School Lunch Program merely fill in an additional line on the school lunch form to indicate their entry into the breakfast program. In any case, starting up a breakfast program requires very little paperwork.

The following Title I administrators and PAC members have had experience with the School Breakfast Program and would be glad to answer your questions about it and its relationship to Title I:

Mr. Gerald A. Cartier  
Federal Aid Coordinator  
Woonsocket Department of Education  
70 North Main Street  
Woonsocket, Rhode Island 02895  
(401) 766-5531

Ms. Sue Brown  
Parent  
1800 N.W. 18th  
Oklahoma City, Oklahoma 73106  
(405) 525-5422

Ms. Brenda Lucas  
Parent  
818 Beaumont  
Baltimore, Maryland 21212  
(301) 433-1299

Ms. Ella Creek, Title I Liaison  
Miriam Green, Principal  
Baybrook Elementary School  
4301 Tenth Street  
Baltimore, Maryland 21225  
(301) 396-1357

Mr. B.J. Gosewehr  
Central Administrative Office  
Community Schools of Frankfort  
50 South Maish Road  
Frankfort, Indiana 46041  
(317) 654-8192

Ms. Cornelia McGee  
PAC member  
Alabama Coalition Against Hunger  
15 C McKenzie Courts  
Tuscaloosa, Alabama 35401  
(205) 758-1296

Mr. Kenneth Storandt  
Title I District Supervisor  
2154 Hoeschler Drive  
La Crosse, Wisconsin 54601  
(608) 788-3037

Mr. Clinton Minnis  
Title I Coordinator  
Markum Junior High School  
1650 East 104th Street  
Los Angeles, California 90002  
(213) 564-6951

Mr. James L. Meier  
Coordinator, PAC activities  
Steele Elementary School  
Denver, Colorado 80209  
(303) 744-1451

Dr. Jerry Plum  
Coordinator, Federal Programs  
Boise School District  
1207 Fort Street  
Boise, Idaho 83702  
(208) 336-1370, extension 246

Ms. Marion Wilmington  
Vice President  
Title I PAC  
2029 East 25th Avenue  
Denver, Colorado 80205  
(303) 399-2469

Dr. De Wayne Gallups  
Principal  
Elizabeth Street School  
4811 Elizabeth Street  
Cudahy, California 90032  
(213) 582-5378

In addition, you can contact any of the following agencies for more information on the School Breakfast Program:  
The National and Regional Offices of the U.S. Department of Agriculture's Food and Nutrition Service:

Mr. John Ghiorzi  
Regional Director  
Special Nutrition Programs  
New England Regional Office  
Food and Nutrition Service, USDA  
33 North Avenue  
Burlington, Massachusetts 01803

Connecticut, Maine, Massachusetts,  
New Hampshire, Rhode Island, Vermont  
(617) 272-0861

Mr. Charles C. Kirby  
Regional Director  
Special Nutrition Programs  
Southeast Regional Office  
Food and Nutrition Service, USDA  
1100 Spring Street, N.W.  
Atlanta, Georgia 30309

Alabama, Florida, Georgia, Kentucky,  
Mississippi, North Carolina, South  
Carolina, Tennessee  
(404) 881-4911

Mr. Brian Allison  
Regional Director  
Special Nutrition Programs  
Mountain Plains Regional Office  
Food and Nutrition Service, USDA  
2420 West 26th Avenue  
Room 430-D  
Denver, Colorado 80211

Colorado, Iowa, Kansas, Missouri,  
Montana, Nebraska, North Dakota,  
South Dakota, Utah, Wyoming  
(303) 837-5071

Mr. Jack Bradley  
Regional Director  
Special Nutrition Programs  
Western Regional Office  
Food and Nutrition Service, USDA  
550 Kearny Street  
San Francisco, California 94108

Alaska, American Samoa, Arizona,  
California, Guam, Hawaii, Idaho,  
Nevada, Oregon, Trust Territories,  
Washington  
(415) 556-4956

Mr. R.J. Freiler  
Regional Director  
Special Nutrition Programs  
Mid-Atlantic Regional Office  
Food and Nutrition Service, USDA  
One Vahlsing Center  
Robbinsville, New Jersey 08691

Delaware, Maryland, New Jersey,  
New York, Pennsylvania,  
Washington, D.C., Virginia, West  
Virginia, Puerto Rico, Virgin Islands  
(609) 259-3041

Mr. Russ Circo  
Regional Director  
Special Nutrition Programs  
Midwest Regional Office  
Food and Nutrition Service, USDA  
536 South Clark Street  
Chicago, Illinois 60605

Illinois, Indiana, Michigan, Minnesota,  
Ohio, Wisconsin  
(312) 353-6673

Mr. Hap Pullium  
Regional Director  
Special Nutrition Programs  
Southwest Regional Office  
Food and Nutrition Service, USDA  
1100 Commerce Street  
Dallas, Texas 75202

Arkansas, Louisiana, New Mexico,  
Oklahoma, Texas  
(214) 767-0234

School Programs Division  
Food and Nutrition Service, USDA  
Washington, D.C. 20250  
(202) 447-9065

---

The Children's Foundation  
School Food Advocacy Project  
1420 New York Avenue N.W., Suite 800  
Washington, D.C. 20005  
(202) 347-3300

The Children's Foundation  
P.O. Box 5757  
Santa Fe, New Mexico 87502  
(505) 988-9686

The Children's Foundation  
88 Walton Street N.W.  
Atlanta, Georgia 30303  
(404) 552-2232

The National Child Nutrition Project  
46 Bayard Street  
New Brunswick, New Jersey 08901  
(201) 846-1161

The Food Research and Action Center  
2011 Eye Street N.W.  
Washington, D.C. 20006  
(202) 452-8250

The State Child Nutrition Program Office in Each State:

Mr. T. G. Smith  
Coordinator  
Child Nutrition Programs  
State Department of Education  
410 State Office Building  
Montgomery, Alabama 36130

(205) 832-3321

Mrs. E. Ruth Benigno  
School Food Coordinator  
State Department of Education  
Pouch F  
Juneau, Alaska 99801

(907) 465-2856

Mrs. Letea Tuaolo  
Director  
Food Services Programs  
Department of Education  
Pago Pago, Tutuila, American Samoa

(Operator) 633-4963

Mrs. Junetta Barrett  
Director  
Food Nutrition Division  
Department of Education  
1535 West Jefferson Street  
Phoenix, Arizona 85007

(602) 255-3362

Mrs. Ann Tolman  
Director  
Child Nutrition Programs  
State Department of Education  
165 Capitol Avenue  
Hartford, Connecticut 06115

(203) 566-3195

Mr. Robert L. John  
State Supervisor of Food Services  
Department of Public Instruction  
John G. Townsend Building, Room 265  
Federal and Lookerman Streets  
Dover, Delaware 19901

(302) 678-4718

Mr. Julius Jacobs  
Director  
Department of Food Services  
Public Schools of The District of Columbia  
3535 V Street, N.E.  
Washington, D.C. 20018

(202) 576-7400

Mr. George A. Hockenbery  
Administrator  
Food and Nutrition Management  
State Department of Education  
319 Nott Building  
Tallahassee, Florida 32304

(904) 488-7647

Mr. Doyle Border  
Coordinator  
School Food Services  
State Department of Education  
403 East Education Building  
Little Rock, Arkansas 72201

(501) 371-2466

Mrs. L. Gene White  
Director  
Office of Food and Nutrition Services  
State Department of Education  
721 Capitol Mall  
Sacramento, California 95814

(916) 445-0850

Mr. Daniel G. Wisotzkey  
Director  
School Food Services and Supportive Services  
Colorado State Department of Education  
201 East Colfax Street, Rm 318  
State Office Building  
Denver, Colorado 80203

(303) 839-2217

Mr. Cecil F. Olsen  
Director  
Food Services Branch  
State Department of Education  
Len B. Jordan Office Building, Room 213  
650 West State Street  
Boise, Idaho 83720

(208) 384-3106

Mr. Robert E. Ohlzen  
Manager  
School Food Services Section  
Illinois Office of Education  
100 North First Street  
Springfield, Illinois 62777

(217) 782-2491

Mr. John J. Harter  
Director  
Division of School Food and Nutrition Programs  
State Department of Public Instruction  
State House, Room 229  
Indianapolis, Indiana 46024

(317) 633-6613

Mr. Verne E. Carpenter  
Director  
Child Nutrition Programs Division  
State Department of Public Instruction  
Grimes State Office Building  
Des Moines, Iowa 50319

(515) 281-5357



Miss Annette Bomar  
Administrator  
School Food and Nutrition Section  
State Department of Education  
156 Trinity Avenue S.W.  
Atlanta, Georgia 30303

(404) 656-2457

Ms. Eleanor K. Smith  
Associate Superintendent, Food Services  
Department of Education  
Government of Guam  
P.O. Box DE  
Agana, Guam 96910

(Operator) 477-9240

Mr. Stanley W. Doucette  
Director  
School Food Services  
State Department of Education  
1106 Koko Head Avenue  
Honolulu, Hawaii 96804

(808) 732-5868

Miss Gene West  
Director  
School Nutrition Programs  
State Department of Education  
Education Building  
Augusta, Maine 04333

(207) 289-2371

Mrs. Joan H. Weatherholtz  
Chief  
Food and Nutrition Branch  
State Department of Education  
200 W. Baltimore Square  
Baltimore, MD 21201

(301) 796-8300 - (ext. 260)

Mr. Tom O'Hern  
Director  
Bureau of Nutrition Education and  
School Food Services  
State Department of Education  
31 St. James Avenue  
Park Square Building  
Boston, Massachusetts 02116

(617) 727-5764

Mr. Roger Lynas  
Supervisor  
Food and Nutrition Programs  
School Management Services  
State Department of Education  
116 1/2 South Washington Street  
Lansing, Michigan 48909

(517) 373-3247

Mr. Charles L. Matthew  
Director  
Child Nutrition Section  
State Department of Education  
Capitol Square Building, Room 509  
St. Paul, Minnesota 55101

(612) 296-6986

Mrs. Rita Hamman  
Director  
School Food Services  
State Department of Education  
Kansas State Education Building  
120 East Tenth Street  
Topeka, Kansas 66612

(913) 296-2276

Mr. Redwood Taylor  
Director  
Division of School Food Services  
Bureau of Administration and Finance  
State Department of Education  
Capitol Plaza, 19th Floor  
Frankfort, Kentucky 40601

(502) 564-4390

Dr. Harold Denning  
Acting Bureau Director  
Local School System Services  
State Department of Education  
626 North Fourth  
P.O. Box 44064  
Baton Rouge, Louisiana 70804

(504) 389-6050

Mr. H. Brisbin Skiles  
Supervisor  
School Food Services  
Office of Public Instruction  
State Capitol  
Helena, Montana 59601

(406) 449-2501

Dr. Ray Steinert  
Director  
School Food Services  
State Department of Education  
233 South Tenth Street  
Lincoln, Nebraska 68509

(402) 867-2486

Mr. James Menath  
Director of Field Services  
State Department of Education  
400 West King Street Capitol Complex  
Carson City, Nevada 89710

(702) 885-5700

Dr. Lloyd Littlefield  
Director  
Food and Nutrition Services  
Division of Administration  
410 State House Annex  
105 Loudon Road, Building #4  
Concord, New Hampshire 03301

(603) 271-3646

Mr. Walter F. Colender  
Director  
Bureau of Child Nutrition Programs  
Division of Finance and Regulatory Services  
State Department of Education  
225 West State Street  
Trenton, New Jersey 08625

(609) 292-8527



Mr. John H. Walker  
Assistant Director  
Administration and Finance  
State Department of Education  
Walter Sillers Office Building, Room 604  
550 High Street  
P. O. Box 771  
Jackson, Mississippi 39205

(601) 353-6916

Mr. Wilbert Grannemann  
Director  
School Food Services  
Department of Elementary and Secondary Education  
Jefferson Building  
100 East Capitol Avenue  
Jefferson City, Missouri 65107

(314) 751-3526

Mr. Gene P. Dickey  
Director  
School Food Services  
State Department of Public Instruction  
Education Building  
Raleigh, North Carolina 27611

(919) 733-7162

Miss Roberta A. Bosch  
Director  
School Food Services  
State Department of Public Instruction  
State Capitol Building  
Bismarck, North Dakota 58505

(701) 224-2294

Mr. Robert H. Koon  
Director  
Division of School Lunch  
State Department of Education  
65 South Front Street, Room 1009  
Columbus, Ohio 43215

(614) 521-3327

Mr. Fred L. Jones  
Director  
School Lunch Section  
State Department of Education  
2500 North Lincoln Boulevard  
Oliver Hodge Memorial Education Building, Room 340  
Oklahoma City, Oklahoma 73105

(405) 521-3327

Mr. Richards S. Miller  
Coordinator  
School Food and Nutrition Services  
Oregon State Department of Education  
924 Lancaster Drive NE., Room 212  
Salem, Oregon 97310

(503) 378-3577

Mr. John Trojacek  
Director  
School Food Services  
State Department of Education  
Santa Fe, New Mexico 87503

(505) 827-2591

Mr. Richard O. Reed  
Chief  
Bureau of School Food Management  
State Department of Education  
99 Washington Avenue, Room 1736  
Albany, New York 12230

(518) 474-1566

Mr. Warren M. Vann, Jr.  
Chief  
Division of Food and Nutrition Services  
State Department of Education  
P.O. Box 911  
Harrisburg, Pennsylvania 17126

(717) 787-1415

Miss Maria J. Laboy  
Directress  
School Lunchroom Division  
Department of Education  
URB Industrial Tres Monjitas  
P.O. Box 759  
Hato Rey, Puerto Rico 00919

(809) 767-0144

Mr. Robert F. Kaveny  
Program Business Manager  
Office of School Food Services  
Roger Williams Building  
22 Hayes Street  
Providence, Rhode Island 02908

(401) 277-2711

Ms. Vivian Pilant  
Director  
Office of School Food Services  
State Department of Education  
305 Rutledge Building  
Columbia, South Carolina 29201

(803) 758-7665

Mr. Gary Rhead  
Administrator  
School Food Services  
Department of Education and Cultural  
Affairs  
Division of Elementary and Secondary  
Education  
State Office Building #3  
Pierre, South Dakota 57501

(605) 773-3413

Mr. Clay Coble  
Director  
School Food Services  
State Department of Education  
Cordell Hull Building, Room 117  
Nashville, Tennessee 37219

(615) 741-2927

Mr. Charles A. Cole  
Director  
School Lunch Program  
Texas Education Agency  
201 East 11th Street  
Austin, Texas 78701

(512) 475-4363

Ms. Linda Parkinson  
Food Service Officer  
Department of Education  
Trust Territory of the Pacific Islands  
Saipan, Mariana Islands 96950

Mr. Hank Winawer  
Coordinator  
School Food Services  
250 East 500 South  
Salt Lake City, Utah 84111

(801) 533-5471

Miss Banba Foley  
Chief  
Child Nutrition Programs  
State Department of Education  
State Office Building  
120 State Street  
Montpelier, Vermont 05602

(802) 828-2447

Mrs. Gail Rivera  
Director  
School Lunch Program  
Department of Education  
175 Estate Annas Retreat  
Charlotte Amalie  
St. Thomas, Virgin Islands 00801

(809) 774-5339

Mr. John F. Miller  
Supervisor  
School Food Services  
State Department of Education  
Fifth and Broad Streets, Room 302  
Richmond, Virginia 23216

(804) 936-2604

Miss Virginia R. Whitlatch  
Director  
School Food Services  
Department of Public Instruction  
Old Capitol Building  
Olympia, Washington 98504

(206) 753-3580

Mrs. Faith Gravenmier  
Director  
Child Nutrition Programs  
State Department of Education  
Building #6, Room B-248  
1900 Washington Street East  
Charleston, West Virginia 25305

(304) 348-2708

Mr. Edward J. Post  
Director  
Bureau for School Food Services  
Department of Public Instruction  
126 Langdon Street  
Madison, Wisconsin 53703

(608) 266-3509

Dr. Mark Fox  
Assistant Superintendent of  
Administrative Services  
State Department of Education  
Hathaway Building, Room 284  
Cheyenne, Wyoming 82002

(307) 777-7293

Issued February 1980  
Slightly revised September 1980

---

The School Breakfast Program is available to children  
regardless of race, color, or national origin.

---

SPECIAL THANKS TO THE CHILDREN'S FOUNDATION, WASHINGTON D.C., FOR ITS ASSISTANCE  
IN DEVELOPING THIS PUBLICATION.

---